

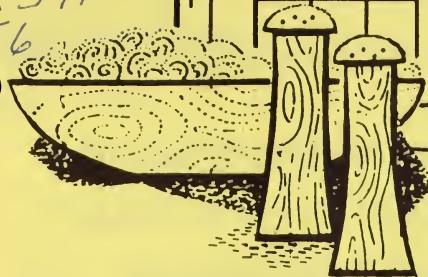
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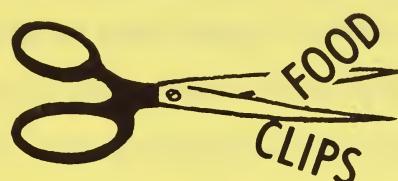
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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Don't soak vegetables a long time because some nutrients dissolve in the water, warns home economists from the U.S. Department of Agriculture.

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Maximum storage suggested for commercially frozen asparagus, beans, cauliflower, corn, peas, and spinach is about 8 months. But, retaining high quality depends on the kind of vegetable and condition at time of purchase and whether it is stored at zero degrees, according to the USDA.

\* \* \*

Be sure to store dried vegetables in tightly closed containers in a cool, dry place. Most dried vegetables will keep several months.

\* \* \*

What is caciocavallo cheese? It has a somewhat salty flavor. It's similar to Provolone, but not smoked; has a smooth very firm texture, light or white interior and a clay-colored or tan surface.

\* \* \*

Gjetost(yet-ose) is a sweetish cheese—usually served as a dessert or snack—and is of a caramel flavor; firm, buttery consistency; golden brown color.

## In This Issue

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## FOOD STAMP PROGRAM —Need Volunteers

Concerned citizens can make a valuable contribution to fight malnutrition by helping low income people get and make good use of the food help available from the U.S. Department of Agriculture. What can you do? Maybe you speak the language of your neighbors—or the ones to whom you can offer help. You can act as a language interpreter.

Other ways you can help as a volunteer might include providing transportation to and from the food stamp office or grocery stores. You could help the applicant make sure that the documents are available to the case worker—and are filed properly. Some volunteers operate "food stamp information" booths with information available to possible-doners. You may want to help operate a "Meals On Wheels" center.

If you have the time and inclination to help you can get in touch with your local welfare agency to find out about the volunteers who work with the Food Stamp program. Check listing under county or city government.

**MILDEW PREVENTION****Starts Early**

What is mildew? It's the thin, often whitish, growth produced on many kinds of surfaces found in the home, by molds—simple plants belonging to the group known as fungi. Muggy summer weather is the time when they commonly develop.

Wherever it is damp, warm, poorly aired and poorly lighted there is a place for molds that cause mildew to flourish. These molds cause considerable damage and often leave a musty odor. They discolor fabrics and sometimes eat into them. They discolor leather and paper.

Agriculture Research Scientist at the U.S. Department of Agriculture give precautionary ways to prevent mildew.

1. Keep things clean

2. Get rid of dampness

Try to control causes of dampness (condensation)

By drying the air - air conditioners and dehumidifiers

Heat the house for a short time-then let moisture laden-air out.

Use Chemicals that absorb moisture

Adequate ventilation-circulation of air

3. Get rid of musty odors

4. Give some articles and surfaces special care

Keep fabrics dry

Clean before storing

Store with mildew inhibitor

To remove mildew from clothing and household fabrics

1. Remove mildew spots as soon as they are discovered.

2. Brush off any surface growth outdoors to prevent scattering the mildew spores in the house--sun and air fabrics thoroughly.

3. Wash mildew stained articles at once with soap or detergent and water. Rinse well and dry in the sun. If stain remains, bleach with lemon juice and salt or use a bleach. Test colored fabrics for colorfastness to the bleach.

It is also possible to use lemon juice and salt, or a peroxygen bleach or chlorine bleach—But follow the directions on the bottle carefully.

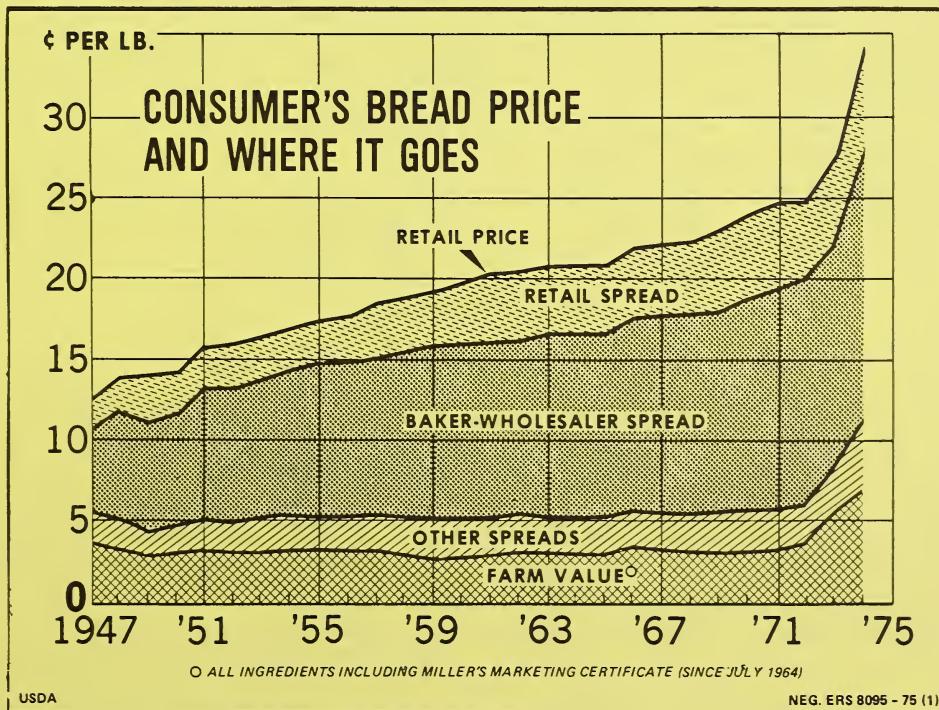
## THE COST OF BREAD AND THEN

Did you know that the cost of the wheat in a loaf of bread represents only a small share of the retail price—the price you pay at the store? It's the retail price that's strongly influenced by changes in marketing costs. In 1974 the retail price of a 1-pound loaf of white pan bread averages 34.5 cents, a record of 6.9 cent annual increase over 1973 ...prices continued to rise and in December 1974 the price averaged 36.4 for the 1 pound loaf.

The baker-wholesaler spread accounts for about half of the retail price and it was here that the increase was the most--about 3 cents per loaf of bread. The retail price spread, which makes up slightly less than a fifth of the retail price, rose 0.4 cents. The miller's spread of 1 cent was the same as in 1973.

In 1974, the farm value of wheat and other ingredients averaged 7.9 cents--more than double the average of any previous year except 1973. Unprecedented world demand and reduced supplies resulted in record-high wheat prices last year.

And what was the farmer's share of the price of bread? It increased from 20 percent in 1973 to 23 percent in 1974.



## BARBECUE TIME

## In Your Own Backyard

Memorial Day—just around the corner—is usually the day to get out the new barbecue grill—or to polish up the old one. But, there are other things to consider when this time comes along...Holiday meals are fun...eating out is fun...but—Food safety—properly handled food is important.

When should you buy your ground beef? Preferably, a day or two before the party—no sooner, unless you plan to freeze the meat for a short period to preserve its freshness, according to Evelyn Spindler, Nutritionist for the Extension Service of the U.S. Department of Agriculture.

If hamburger is to be thawed first you should do it from freezer to refrigerator to prevent the growth of bacteria. Don't allow this meat to be unrefrigerated for more than an hour at the most, warns the nutritionist.

Cleanliness in preparing food is always important, but especially with hamburgers. Wash your hands with soap and hot water before—and after—handling the raw meat. Don't even handle the meat if you have cuts or sores on your hands.

Having coleslaw? Keep it chilled—bring out in small batches to refill the bowl. It should never sit in warm temperatures. Even baked beans should not be allowed to sit at more than 2 hours in room temperatures.

Don't forget—food borne illness can cause diarrhea, vomiting, stomach cramps, and other unpleasant systems which can last for several hours or even days.

Keep perishable foods COLD below 40F and keep cooked meat and seafood and poultry HOT above 140F. Keep the barbecue-habit a safe one by following the above rules. Holiday meals should be fun—but keep them safe.

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Note: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communications/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.